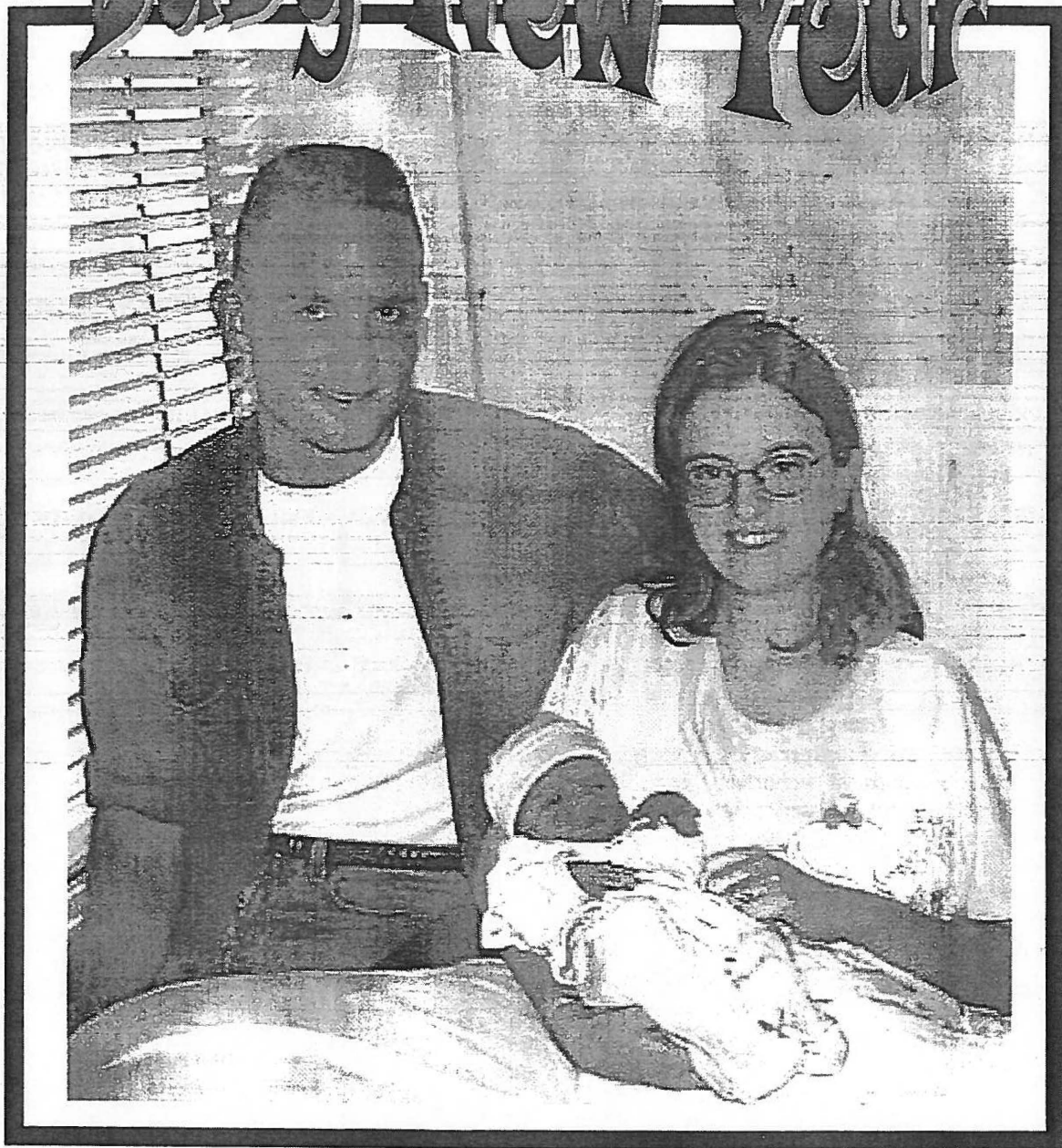


CARIBBEAN PULSE

NOVEMBER 2000 - JANUARY 2001 NAVAL HOSPITAL ROOSEVELT ROADS

Baby New Year



**JEREMY AND STEPHANIE KING WELCOME TREVOR LANDON TYLER KING, THE FIRST
BABY BORN AT ROOSEY ROADS THIS YEAR**

AT THE HELM

Felicidades Anó Nuevo!

As we embark on a New Year here at the Naval Hospital, we find ourselves reflecting on what we have accomplished in the recent past.

Construction at the hospital is going strong. We have completed renovations of the Quarterdeck, Family medicine and the Emergency Room with minimal disruption of Patient Care.

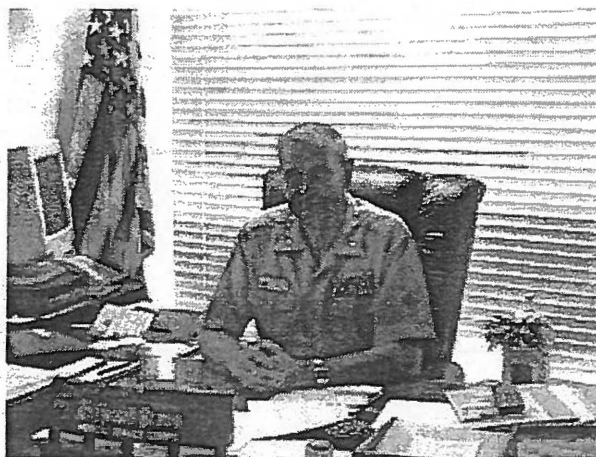
Our new Customer Relations program is off to an outstanding start. By listening to and acting upon our customers concerns in an efficient and timely manner, we have found a dynamic conduit for improving our performance as an organization - as well as meeting our customers needs. I would like to personally commend our Customer Relations Team on the hard work they have been doing.

Through the steadfast determination of HMC Santos Martinez, Mr. Sammy Gomez, the Wellness Center team and scores of volunteers, we were privileged to host Naval Station Roosevelt Roads first annual "Aids Walk and Human Ribbon Formation." This huge undertaking had all the trappings of a logistical nightmare, but the hard work of these individuals allowed the event to come off without a hitch. It is just one more instance of the Wellness Center's continued contribution to both NSRR and the Puerto Rican Community as a whole!

The individual accomplishments of our staff members, both sailors and civilians, have been simply amazing! Hospital staff members have been recognized as Military Woman of the Year & NavSta Red Cross Volunteer of the Year. They have produced thousands of volunteer hours, received over 60 officer and enlisted promotions and been awarded several selections for Officer Programs. They have also received numerous Navy Commendation and Achievement Medals as well as [literally] hundreds of letters of commendation and appreciation for activities that have affected the Naval Station and the outlying community in a positive and exemplary manner!

I challenge each and every member of the NHRR family to live up to the strong Legacy of Achievement that has been set in the past year

CO



CAPT G. RUSSELL BROWN, MSC, USN
COMMANDING OFFICER

Naval Hospital Roosevelt Roads

Commanding Officer

CAPT G. Russell Brown, MSC, USN

Executive Officer

CAPT Richard M. Gilbert, MC, USN

Command Master Chief

HMCM (SW/FMF) Charles V. Ratliff

Public Affairs Officer

LT Susan D. Laboy, NC, USN

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HM3 Daniel L. Henry, USN

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Ms. Julissa del C. Sanchez

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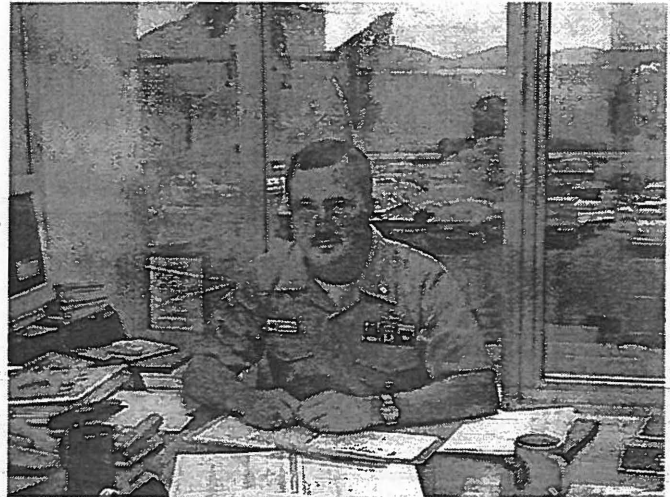
(787) 865-5759 Fax

THE MASTER CHIEF SPEAKS...

Hospital Corps Birthday Ball

I know many of you are new to the command and many of you are new to the Navy as well. With this in mind, let me talk a little about the Naval Hospital Roosevelt Roads Annual Hospital Corps Birthday Ball.

Although the success of our Navy is dependent upon its ability to "Forge the Future," we as Sailors must always take pride in our past. The United States Navy Hospital Corps is a proud group of Sailors who enjoy a very rich heritage. Corpsmen are the most decorated rate in the Navy, having served in combat situations in World Wars I & II, Korea, Vietnam and Desert Storm. Our Hospital Corps Ball affords us the opportunity to recognize those serving our Corps around the World today.



HMCN (SW/FMF) Charles V. Ratliff,
Command Master Chief

For those of you who haven't attended a formal ball in your Navy Career, I can Assure you it will be a night to remember. This year's ball will be held on Friday, June 15, 2001, at the El Conquistador Resort - which is a very short drive from the Naval Station. The Conquistador is a very elegant resort. In fact, it is one of only two Caribbean 5-Diamond Resort Hotels.

The Ceremony will be highlighted by our guest speaker, Captain Brown, who will be attending his final ball after 40 years of active duty Naval Service. The Conquistador will serve an outstanding meal - followed by dancing and an open bar. The Hospital Corps birthday Ball Committee has also secured a price of \$150 per night for those interested in getting a room (rooms are normally \$395 - \$2295 per night). The Conquistador also offers an 18-hole championship golf course, 7 lighted tennis courts, six spectacular swimming pools, a private 100-acre island (Palomino Isle), the Golden Door Spa, a nice Casino and more than 20 elegant shops.

Tickets (\$20 for E-4 and below, \$25 for E5, \$30 for E6, \$35 for E7/8/9 and civilians, and \$40 for Officers), can be purchased from any Hospital Corps Ball Committee Member. Tickets will also be available once or twice a week during lunchtime in front of the Galley. The Committee also offers a "payment plan", so see a member today and get your ticket. You will be glad you did! By the way, transportation and childcare will be available for this event.

Stay Motivated!

I was out making rounds recently and it was refreshing to see our Corpsman, Officers, and Civilian Employees taking care of our customers. I followed an elderly couple down a hallway and they were asked three times by staff members if they needed assistance. I encourage all of you to "stay motivated", and keep up the good work.... You CAN make a Difference!!!!



CHAPLAIN'S CORNER

LT MAURICE BUFORD, CHC
NAVAL HOSPITAL CHAPLAIN

"I have a dream today..." were the words uttered from the modern day prophet, Dr. Martin Luther King, Jr., in response to the systemic racism that was the order of the day during the 1960s.

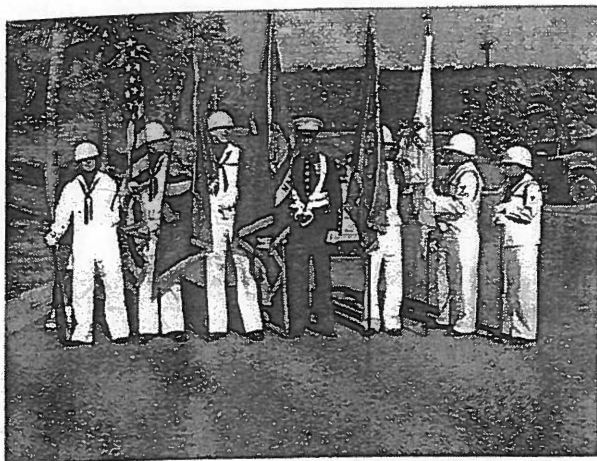
Those words literally arrested the imagination of an entire nation and served as a catalyst to unify all people regardless of race, creed or ethnic affiliation. It must be noted that the starting point for achievement, regardless of the level, is with a dream. A dream can be defined as a creative picture of newness or renewal in the face of darkness. With that in mind, everyone should have a personal dream, else fall prey to Langston Hughes' prophetic poetic question:

"What happens to a dream deferred?
Does it dry up like a raisin in the sun?
Or fester like a sore-- and then run?
Does it stink like rotten meat?
Or crust and sugar over-- like a syrupy sweet?
Maybe it just sags like a heavy load
Or does it just explode?"

After reflecting upon the life, legacy and the ambitions of Dr. King, I asked myself the question, "What can be done to prevent a dream from being deferred or what are the traits of a dreamer?" After pulling from his various speeches, writings and modern day history, I arrived at a fivefold answer.

1. **Dare to dream!** Ask yourself these questions, "If you could be or do anything in the world what would it be and why?" "What is keeping you from walking in that dream?" Somewhere in the midst of these answers is your ultimate ambition. Once you embrace this concept, be bold enough to understand it, to process it and yes even articulate it to those within your circle.
2. **Dare to plan!** Corporate America has a concept called "Strategic Planning." As you know, the essence of this term:





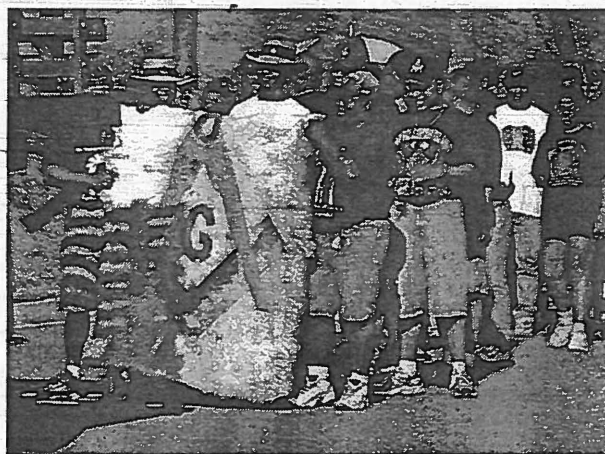
encourages entities to outline a "road map" to a goal or for our purposes, a dream. In other words, take the time to draw a map that would lead you to your ultimate ambition. This step should include timelines and "back-up" routes.

3. Dare to prepare! After you draw your map, ask yourself, "what tools will I need to make this journey?" Will it take higher education? Networking? A positive attitude? People skills? Once you arrive at an answer, posture yourself accordingly

and begin to prepare.

4. Dare to be diligent! A Biblical proverb summarizes this principle. "For the race is not given to the swift, nor to the strong, but to the ones that endure." If you dare to be focused and diligent as you move toward your dream, your dream will literally find you!

5. Dare to pray! Prayer can be defined as a two-way conversation between you and your God. It is not only asking and interceding for others, it is waiting for God to speak to us via His word, people, your heart, or the circumstances in our midst. When we dare to pray, God gently reminds us in Jer. 33:3 "Call unto me, and I will answer you and show you great and mighty things, which you don't know." In short, via prayer, God will empower you, strengthen you and open doors that no one else could possibly open.



Bishop William P. DeVeaux, Ph.D., A.M.E.
Keynote Speaker for Naval Station
Roosevelt Roads M. L. King Day Events

Dr. King not only made steps to unify an entire nation, but he also left us principles to fulfill our personal dreams. Shipmates, your dreams can become a reality if you would dare to dream, plan, prepare, be diligent and pray. **ALL THINGS ARE POSSIBLE IF YOU WOULD ONLY BELIEVE!**

Blessings,
Chaplain Maurice A. Buford

A Thousand Words...



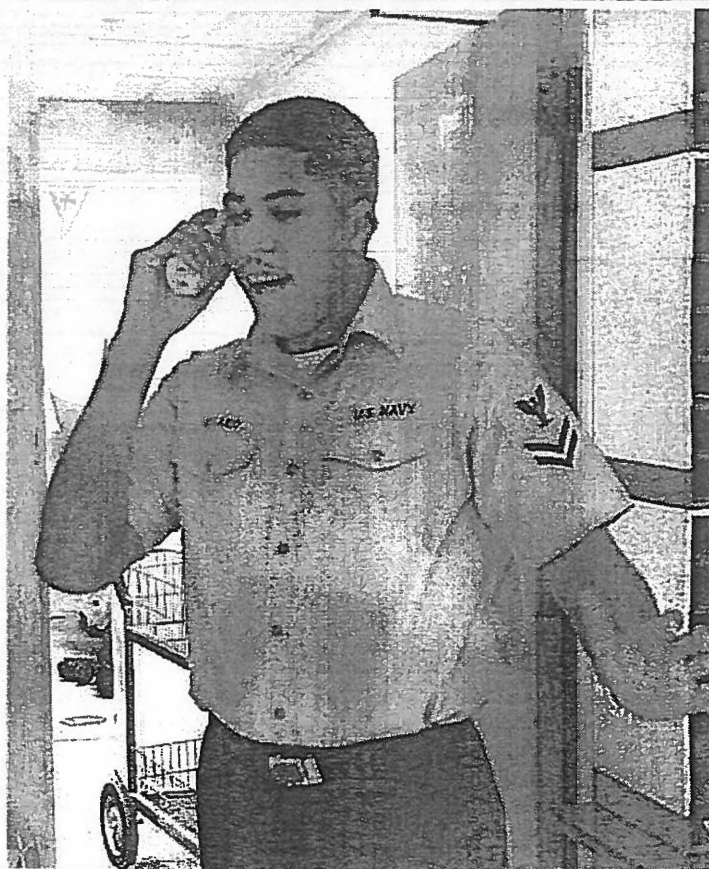
**LT Walters
models
The
next
generation
walkie-
talkie**



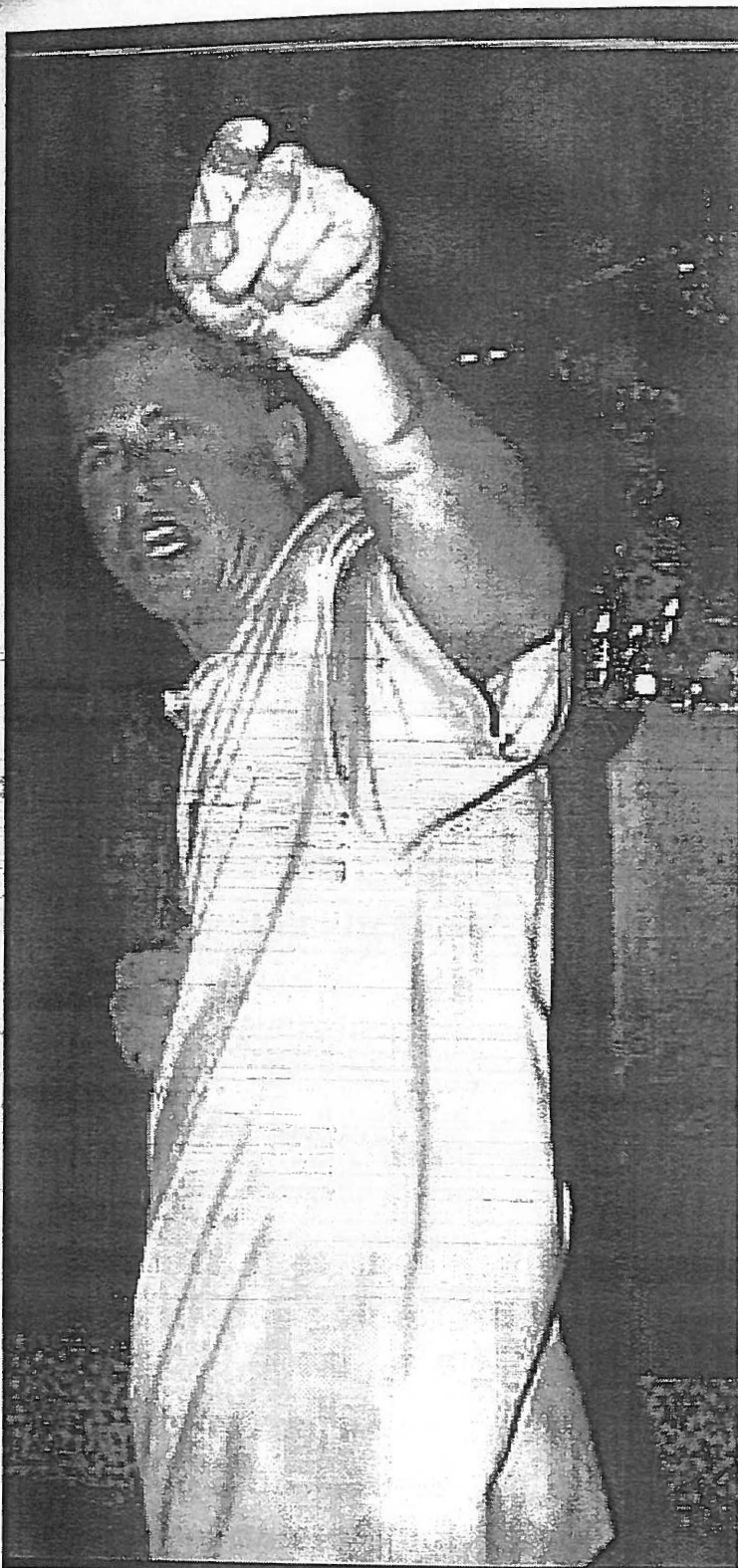
**Some-
times,
words
aren't
even
necessary.**



**Chief Mumbulo was arrested for reckless
association with a Tennessee Fan**



**Hey, you won't believe this, I may have just won
\$10 Million Dollars!Hello?**



Have You Seen This Corpsman?

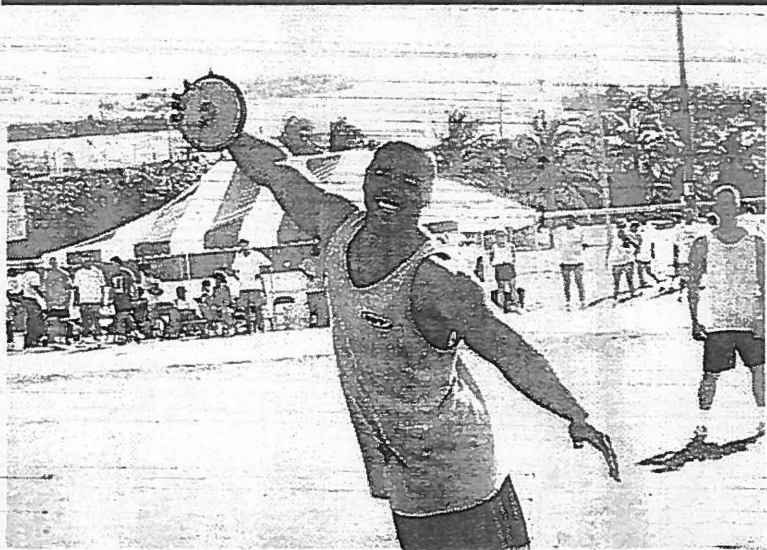
Name: HM2 Brian Smith

Alias: "Smitty"

Last Known Whereabouts: Dancing Non-Stop for 863 hours straight on the back of a pick-up truck headed toward Aguadilla. Witnesses reported that he was standing in front of huge Concert speakers blasting "Shake Yo' Groove Thang, Shake Yo Groove Thang (Yea, Yea)!!!



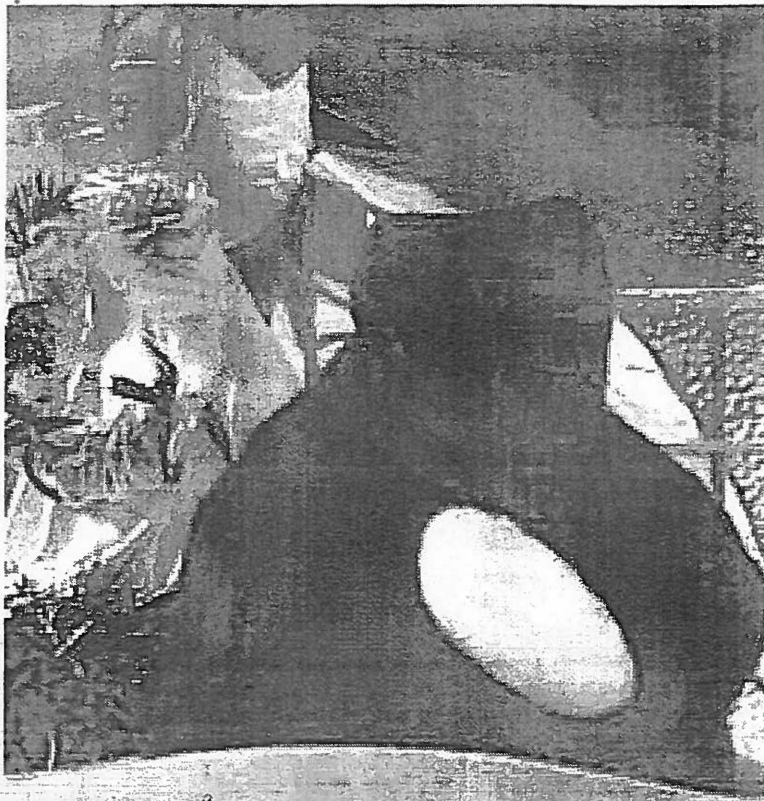
Physical Therapy takes the Tropical Uniform Policy to new and dangerous extremes



CAN WE PLEASE GET A TRAINING TIME OUT?!



Bad Boys, Bad Boys...Watcha Gonna Do????



All I want for Christmas is some skin!

Even Bones got into the spirit this year as Naval Hospital's Holiday Celebrations got off to a great start with a Command -Wide door and Departmental Decorating Competition.

To say it was a close contest would be an understatement, as more than 80% of the workspaces in the Hospital participated in either the door or entire department challenge.

After much consternation and headache producing deliberation, the Grand Prize Winners were "Transcriptions Department", for Outstanding Door; and "The Eye Clinic" for Outstanding Department.

(finally, the Ghosts of Halloween could rest!)



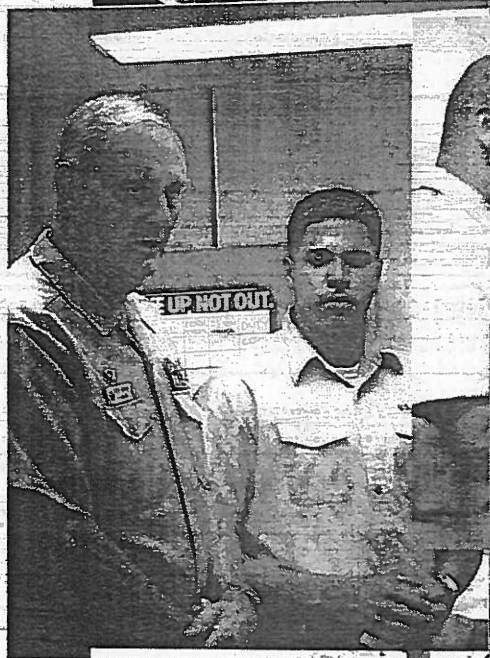


GOLDEN MOMENTS

**LT Walters accepts the
DFA's gold glove
award for
departmental
excellence at the most
recent Quarterly Gold
Glove luncheon.
Materials Management
finished first out of 10
departments.**

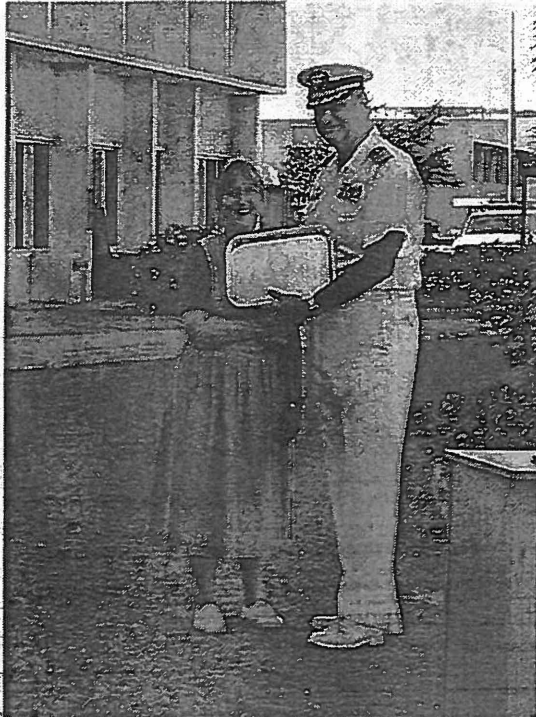
**(Who let DT1 Antonic
near the Grill?!?)**





Red Cross Volunteer News

Mrs. Jill Brown, Red Cross Volunteer Coordinator



Mrs. Ann Zupfer is named Naval Hospital's Volunteer of the Year

It's been a while since we last contributed, so I need to catch you up on what is going on with our volunteers.

The year 2000 set all records for volunteer hours. We jumped from 5,000 in 1999 to over 7,000 served last year. In 1998 it was approximately in the 3,500 range, so we have come a long way. I calculated that if the hospital had paid just \$10 per hour (this is conservative considering the many professionals we have), it would have taken \$700,000, without benefits, to pay for the services the volunteers gave. Our Controller reported it would take at least 35 full time staff members to replace them. A good volunteer program can not only assist our staff members in allowing them the extra time to give to the patients, but it allows the volunteers to keep their skills up to date and not have a gap in their resumes. Please encourage family and friends to talk to the American Red Cross to see where they could volunteer.

The "Volunteer of the Quarter" was once again a tough job for the Selection Committee. I'm happy to announce that Louann Perugini, who is a Nurse Practitioner serving in the Internal Medicine Clinic, was selected. She has provided medical care for approximate 20 patients weekly who would other wise not be seen. Routinely she works 35 hours a week and only now will be rewarded with the coveted "Volunteer of Quarter" parking space.

The very special "Volunteer of the Year" is a pharmacist, Ann Zupfer. Mrs. Zupfer joined our team in September 1999 and has been a valuable addition to our pharmacy staff who fills 9,000 to 10,000 prescriptions monthly. This volunteer has pursued additional training at her own expense so that she may keep up with the many new medications. Ann also volunteers at the elementary school, base chapel and is an officer in her husband's commands' spouses organization. We have been so lucky to have this exceptional volunteer

share her skills at the naval hospital. Please be sure to thank both Mrs.



Mrs. Louann Perugini is named Red Cross Volunteer of the Quarter

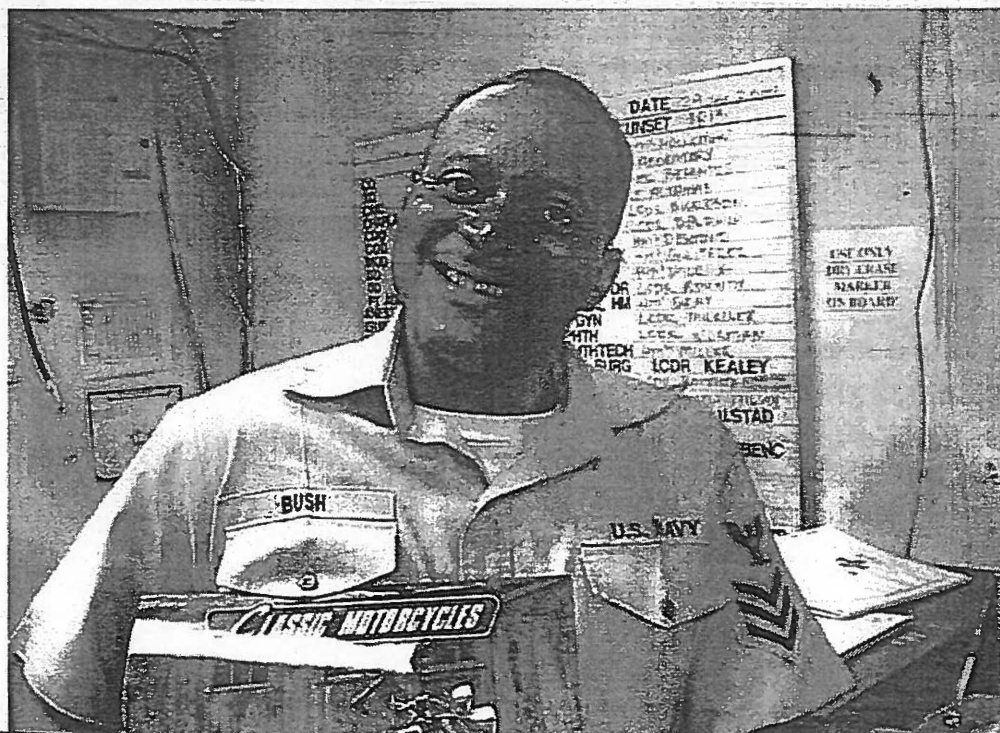
Perugini and Mrs. Zupfer the next time you see them.

The station office of the Red Cross, which is above PSD, has announced three courses of interest to active duty personnel. First is **Introduction to Disaster** and a required course for any other disaster courses. I strongly recommend it as Puerto Rico not only is in a hurricane zone, but also has an earth quake fault and the seasonal rains in the summer months can lead to flooding and mud slides. Everyone should be prepared for whatever disaster strikes. The second disaster course is **Disaster Welfare Inquires**. Through the American Red Cross, family members can request us to try to locate possible victims or others caught in the disaster area. This course will teach us how this process works. You do not have to volunteer to work in a disaster to take these courses, although if you are interested you can of course join our team. Both courses are free of charge so bring a friend or other family members. No children under 16 please.

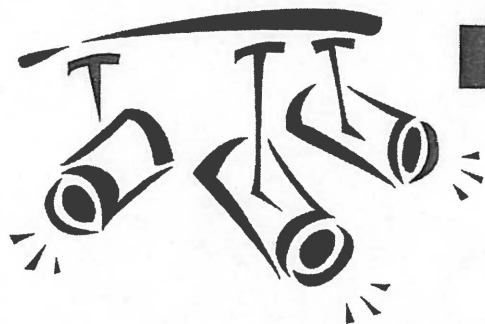
The third course will be **Prevention of HIV and Aids**. This is such an important topic for us all to learn. It is a required course for our volunteers here at the hospital and a prerequisite if you wish to become an instructor for this course.

Mark your calendars **Introduction to Disaster 0800- 1200, Friday February 16**
Disaster Inquiry 0900 - 1200, Saturday February 17
Prevention of HIV and Aids 1300 - 1430, Friday February 16

Active duty can often be given time off to take ARC courses. Talk to your LPN or Division Officer. Call Station office to register 865-3248. Limited number of seats

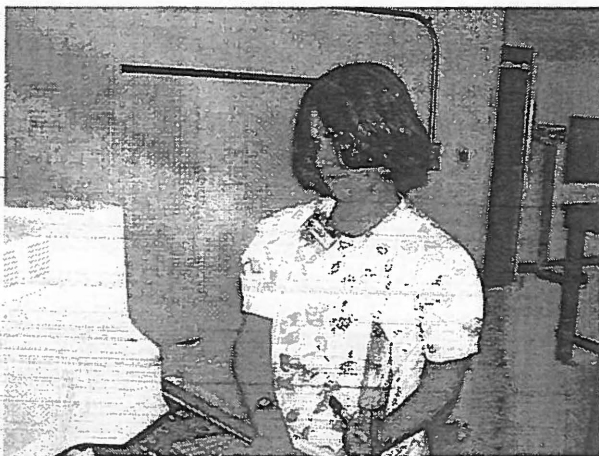


HM1 Constaldo Bush is selected as Naval Station Roosevelt Roads Red Cross Volunteer of the Year!



Radiology In The Spotlight!

By HM1 Manuel Aponte



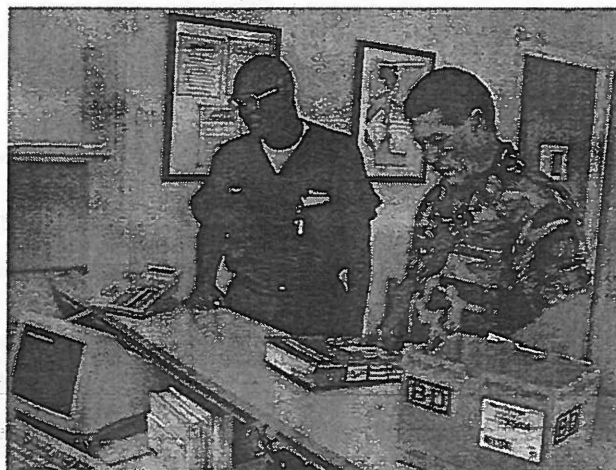
The week of 5-11 November of this 2000 marked the 21st commemorative week of the *National Radiologic Technology Week*. NRTW is an annual celebration that promotes public awareness about the important contributions of medical imaging and radiation therapy professionals in providing quality patient health care and a safer health care environment. Radiation imaging professionals across the country, in particular, radiologic technologists (commonly called RTs, the Navy refers to them as X-Ray Techs), embrace across state and territorial lines in this annual celebration through such events and activities as staff recognition programs, in-services, community and public awareness campaigns, media releases, official proclamations, public forums, information booths and open houses. Celebrated across the country at hospitals, clinics, imaging centers, educational institutions, military installations, corporations and affiliate organizations and at public events held at schools, health fairs, fund-raisers and other community locations, the "week of the radiologic technologists" takes place annually during the week in November that includes November 8 to commemorate the discovery of the x-ray by Wilhelm Conrad Roentgen in 1895.

Today, more than 200,000 registered medical imaging and radiation therapy professionals work in hospitals, doctor's offices, military installations, clinics and imaging centers around the country. However, the public is generally unaware of the key role radiologic technologists play in the modern health care system. Few patients who enter the health care system can progress very far before they come into contact with a radiologic technologist-whether is an x-ray of a broken bone, a mammogram to check for breast cancer, a sonogram of an unborn baby or radiation therapy to treat many types of cancer. In each case, the radiologic technologist is vital in patient care as they help start the patient on the road to recovery through their technical



expertise, dedication and professional knowledge. They are, as the slogan for this year's commemorative week implies, *RTs: A Vital Link to Patient Care*.

Although not legally required (as x-ray technicians Navy wide), close to 60% of the Radiology Department's personnel who meet the criteria at Naval Hospital Roosevelt Roads are nationally registered technologists. That is, 4 of the 7 military staff members who meet the criteria are certified through the American Registry of Radiologic Technologists. The 2 civilian technologists are also ARRT certified. In total, more than half the personnel there are registered technologists. What does that mean to you? Considering that many Naval Health-Care facilities do not possess not even one registered technologist, or are well below our close to 60% mark, it means that patients seen at the Radiology Department can expect the imaging services they receive to be of the highest possible quality - as more than half of personnel there are held to some of the most rigorous guidelines of any country.



Headed by LCDR Grebenc, the department offers routine radiography on a walk-in basis, Monday through Friday from 0730 to 1600 (after hours is normally reserved for Emergency Room and Inpatient support). The department is manned 24 hours a day, 7 days a week, including holidays. Fluoroscopy, mammography, sonography and computerized tomography (CT) examinations are offered, on an appointment basis,



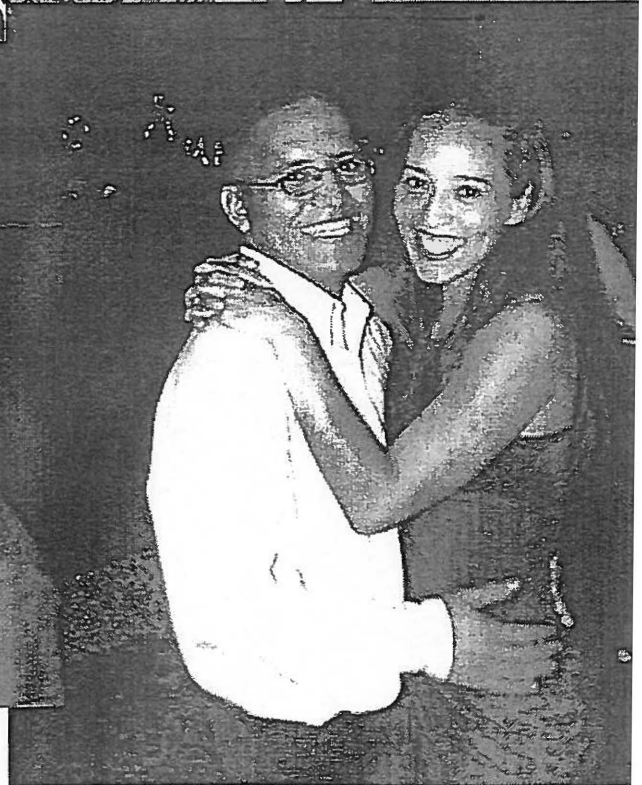
Monday through Friday during normal business hours. These appointments are coordinated through a friendly, professional and customer oriented radiologic technologist at our front desk. Unfortunately, the department is unable to handle magnetic resonance imaging (MRI), nuclear medicine and other special procedures such as angiograms as there is no equipment in place to perform those. Typically, patients requiring these services are referred to local civilian care through the Tricare office or med-avac to other military

facility stateside. In addition to Dr. Grebenc, the department's staff members are: HM1 Tate, HM1 Edwards, HM2 Dalton, HM2 Wilkerson, HM2 Horton, HM2 Burris, HM2 Castro, HM3 Garcia, Mrs. Vidal, Mrs. Villaran and myself.



May I Have This Dance?

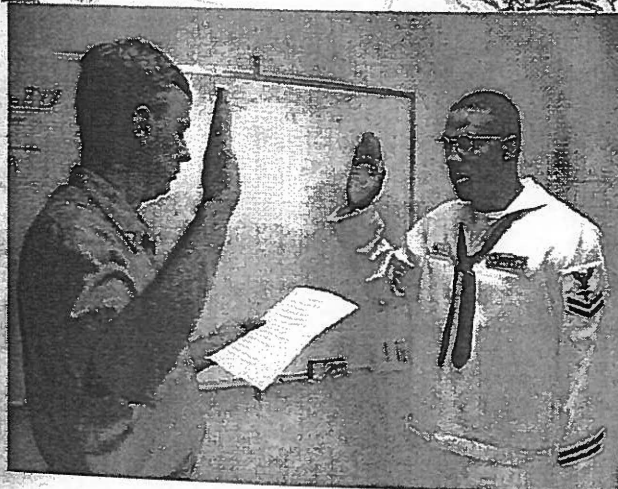
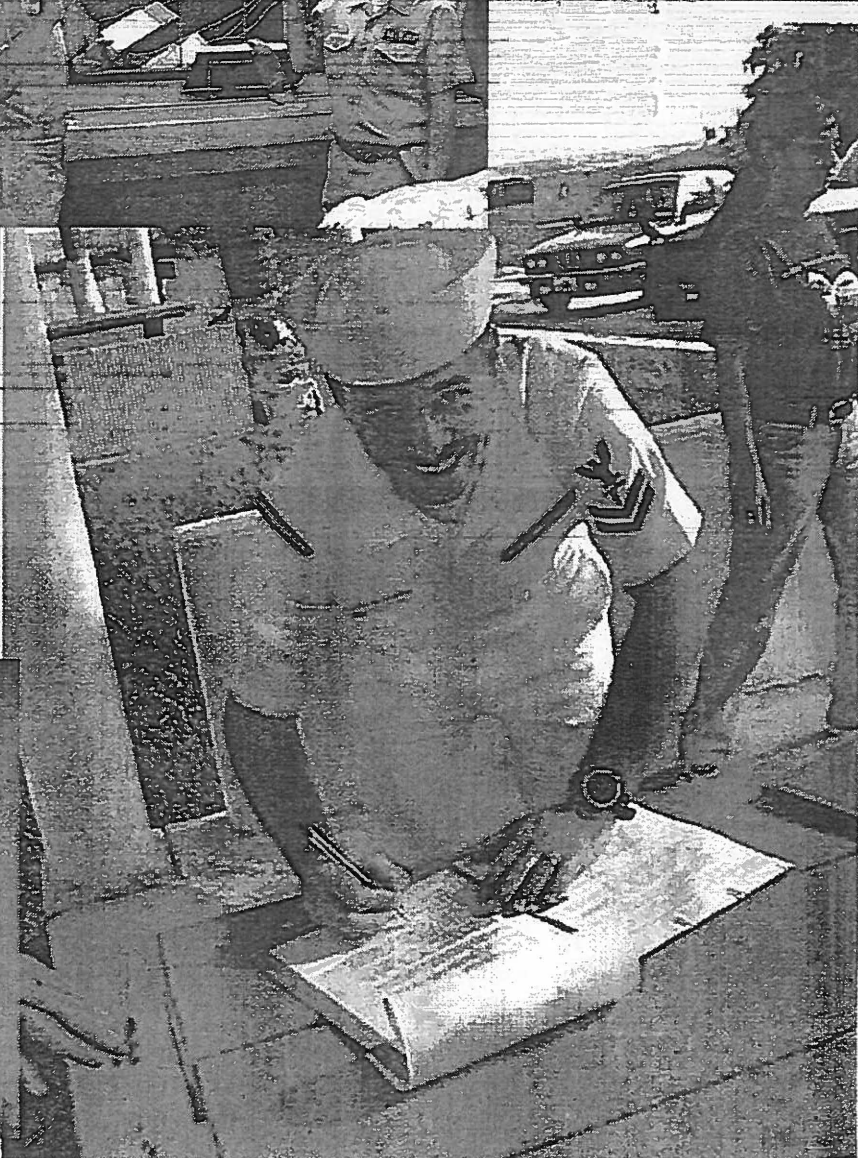
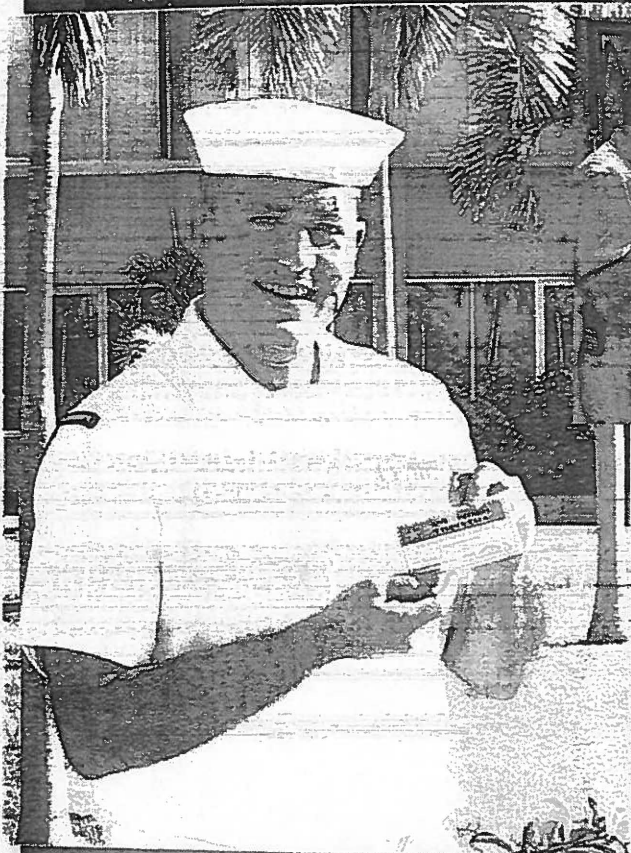
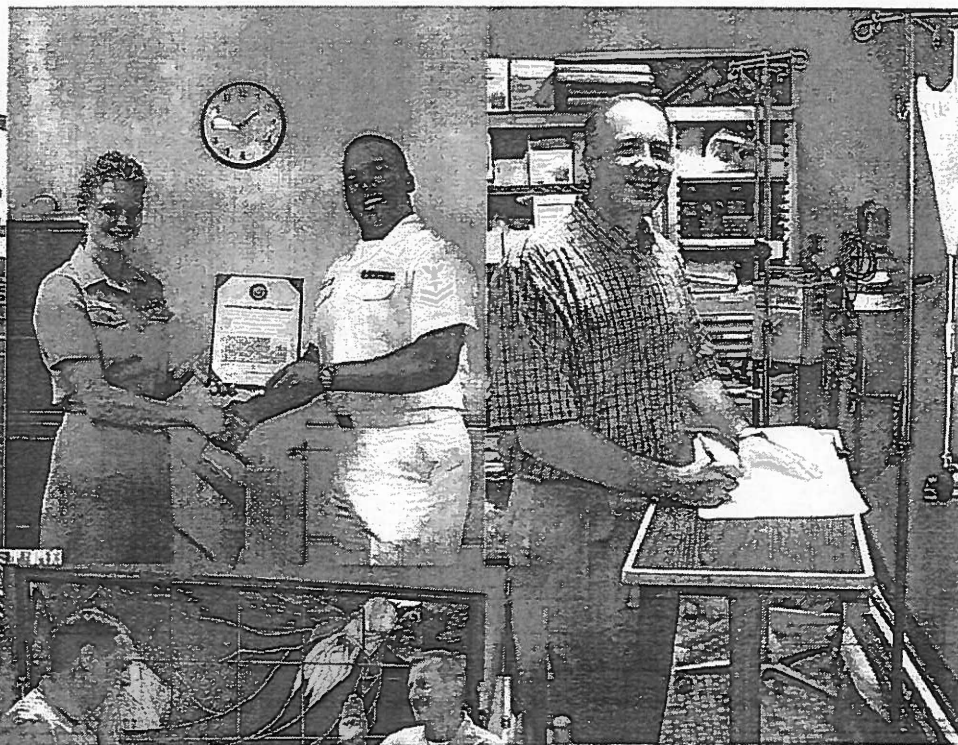
The Naval Hospital's Christmas Party once again stood out as the Highlight of the MWR Committees hard work. The Food was great, the music was excellent and, in a surprise upset, HM2 Smith Took the DFA's Dancing Title (though, neither one of them will be on Soul Train any time soon!!!)



Is It Too Late To Change My Mind?

Could it be the SRB's?
The Special Liberty?
Maybe it's the Buy One
get One free deal at
Subway?! Whatever it
is, the Command
Retention Team is in full
stride this year - as it
seems like everyone is
reenlisting at Roosey
Roads. I'm sure Love of
the Navy, Command
Morale and Reenlistment
Bonuses influence some
folks...but you should
never underestimate the
power of a 96 & a Cold
Cut Combo!





Staff Members



Officer of the Year
LT Julie Nelson
Inpatient Services



BlueJacket of the Year
HM3 Ozvaldo Diaz
Main Operating Room



Senior Civilian of the Year
Mrs. Gina Ewers
Information Resources Management

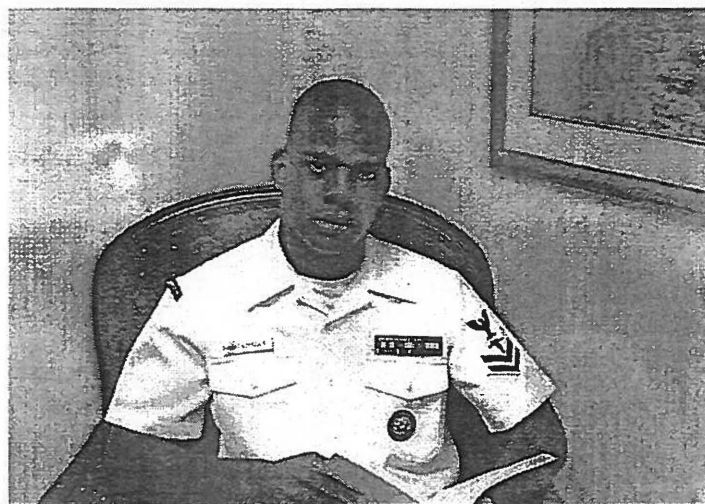
Of The Year!



Sailor of the Year
HM1 Kelly McNulty
Career Counselor

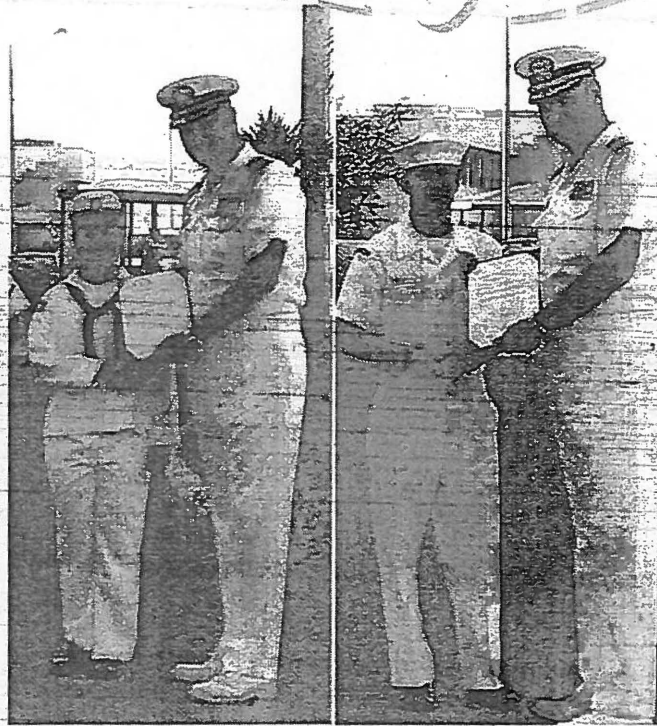


Civilian of the Year
Mrs. Maria Hassan
Directorate for Administration

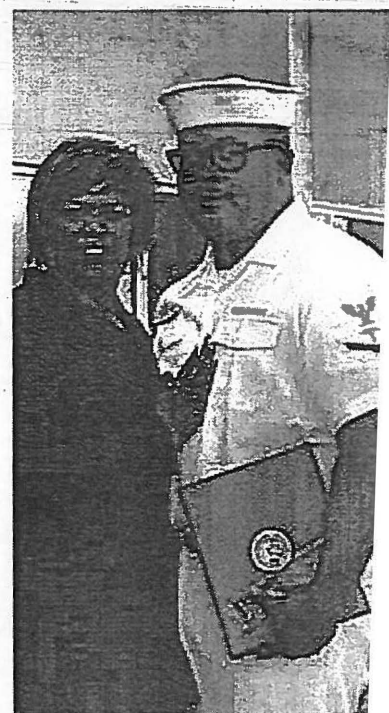


Junior Sailor of the Year
HM2 Charles Littles
Pharmacy

Promotions



Row 1 (Left to Right): HM3 Adelaida Bruer, HM3 Suzy Thrash, HM3 William Rosecrans
Row 2: HM3 Sherman Johnson, HM1 Tamitha Mueller (top), HM3 Marilyn Yes-Miranda (bottom), HM3 Daniel Henry and his wife Rosetta. Staff members who were frocked but are not pictured are HM3 Roderick Joseph, HM3 Veronica Castro and HM1 Angela Viers. (HM1 Viers transferred before the results were published)





Row 1: HM3 Harry Walls, HM3 Orlando Ortiz, HM3 Manuel Gonzalez; **Row 2:** HM3 Kevin Scott, HM2 William Eichoff, HM2 Kelly Trout; **Row 3:** HM3 Ozzie Diaz, HM3 Vincent Calip, HM2 Carrie Tiller; **Row 4:** HM2 Ralph Sanchez, HM1 Jason Patrick, HM3 Medero Colon; **Row 5:** HM2 Ixchel Mattes, HM1 Deborah Reevey, HM1 Jacob Brown

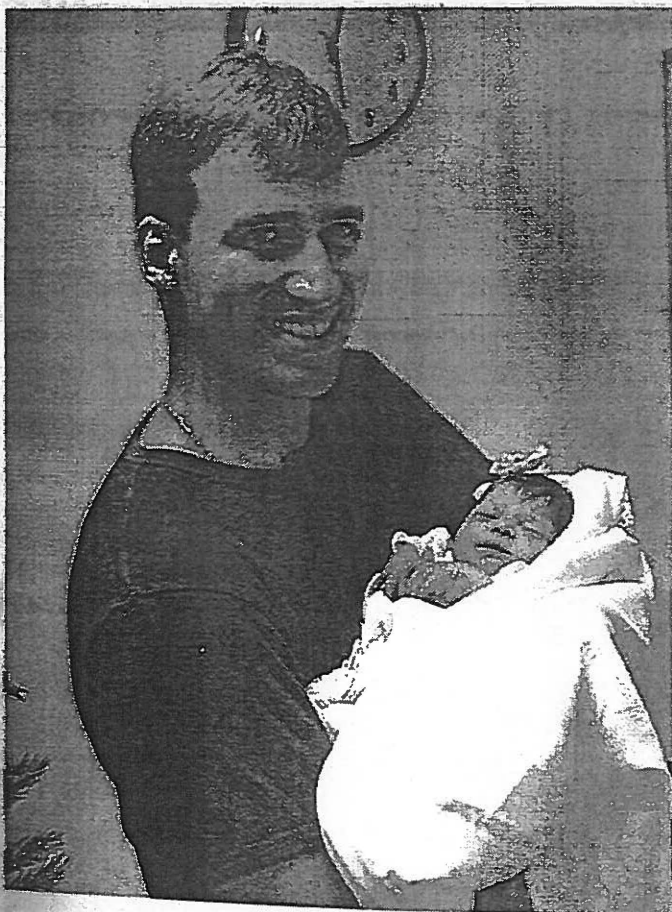
Here's Trevor!



January 2nd, 0943, 2001. Not exactly the stroke of Midnight, but more than soon enough for the arrival of Roosey Roads Baby New Year. Trevor Landon Tyler King, a 6 pound 12 ounce bundle of energy, arrived a day late - but right on time at the Naval Hospital, garnering recognition as the first baby born at Roosevelt Roads. The proud parents are HM3 Jeremiah King, a hospital staff member, and RPSN Stephanie McCoy-King, who works at the Base Chapel. The parents were ecstatic, and somewhat surprised, to learn that Trevor was the Baby New Year.

Trevor, who also has an older sister, was greeted on this most special Occasion with much joy and tidings. Visitors included the Fleet & Family Support Center, represented by Mrs. Teri Detwiler, who brought a baby gift set, information on new born care, and a certificate recognizing Trevor's arrival to Roosevelt Roads; Mrs. Elizabeth Goad, Naval Officers' Oakleaf Spouse's Association who donated a Gift Certificate for the Navy Exchange, and; Mr. Gerry Giraud, President of the Eastern Puerto Rico Chapter of the Navy League, who brought a bouquet of Flowers to the mother and new born.

The Stork just can't seem to catch a break at Naval Hospital Roosevelt Roads! Here are just a few of the new additions to the NHRR Family...





Would You Like A Smoothie With That?

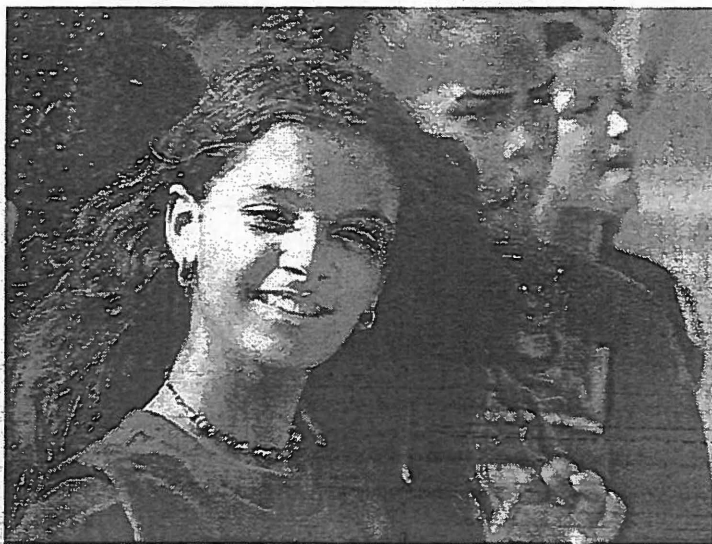
**The New and Improved
Wellness Center
opened up to Much Fan
Fare on December 4.
Its brand new home is
located directly
adjacent to Ofstie Gym.**

**The Wellness Center
offers classes on
nutrition weight
management, diabetes
& exercise and also
serves as the
centerpiece of the Nava
Hospital's Health
Promotions Program.**



1ST AIDS WALK & RIBBON FORMATION @ NAVAL STATION ROOSEVELT ROADS

HMC SANTOS MARTINEZ



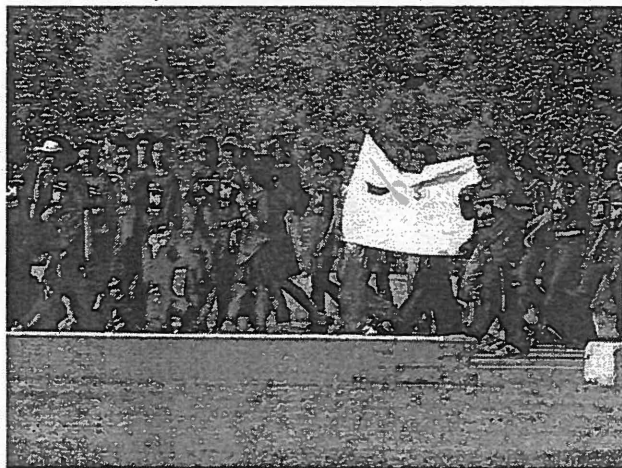
On December 1st, 2000, history was made when we held the 1st AIDS Walk and Ribbon Formation at Roosevelt Roads, Puerto Rico. Not only was it a historical moment for Naval Station Roosevelt Roads, it also marked the first time ever an event of this magnitude had taken place on base—uniting over 500 students, teachers, families, and friends from the local communities, Ft. Buchanan and the naval station. I believe it is also the first time an AIDS Walk has been held at a military base.

It was a day to break all the barriers and fight against AIDS and its stereotypes. The intention of this activity was to take an active role on the world wide awareness movement. We must unite to combat the health and social problems associated with the spread of AIDS/HIV. It was more than a historical day; it was an educational day.

It united numerous schools from different cities across Puerto Rico, such as Roosevelt Roads Elementary, Middle/High School, Escuela Evangelica de Ceiba, Escuela Intermedia Nueva de Ceiba, Escuela Intermedia Antonio Valero de Fajardo, Escuela Intermedia Rafael N. Coca de Luquillo, Ft. Buchanan High School, Escuela Superior Santiago Iglesias Pantin de Ceiba, Escuela Superior Juan Mauney de Naguabo, Escuela Vocacional Nueva de Fajardo, Escuela Superior German Rieckehoff de Vieques, and Escuela Superior Isidro Sanchez de Luquillo. We started the day with a parade of schools commencing near the base post office and ending at all hands beach.

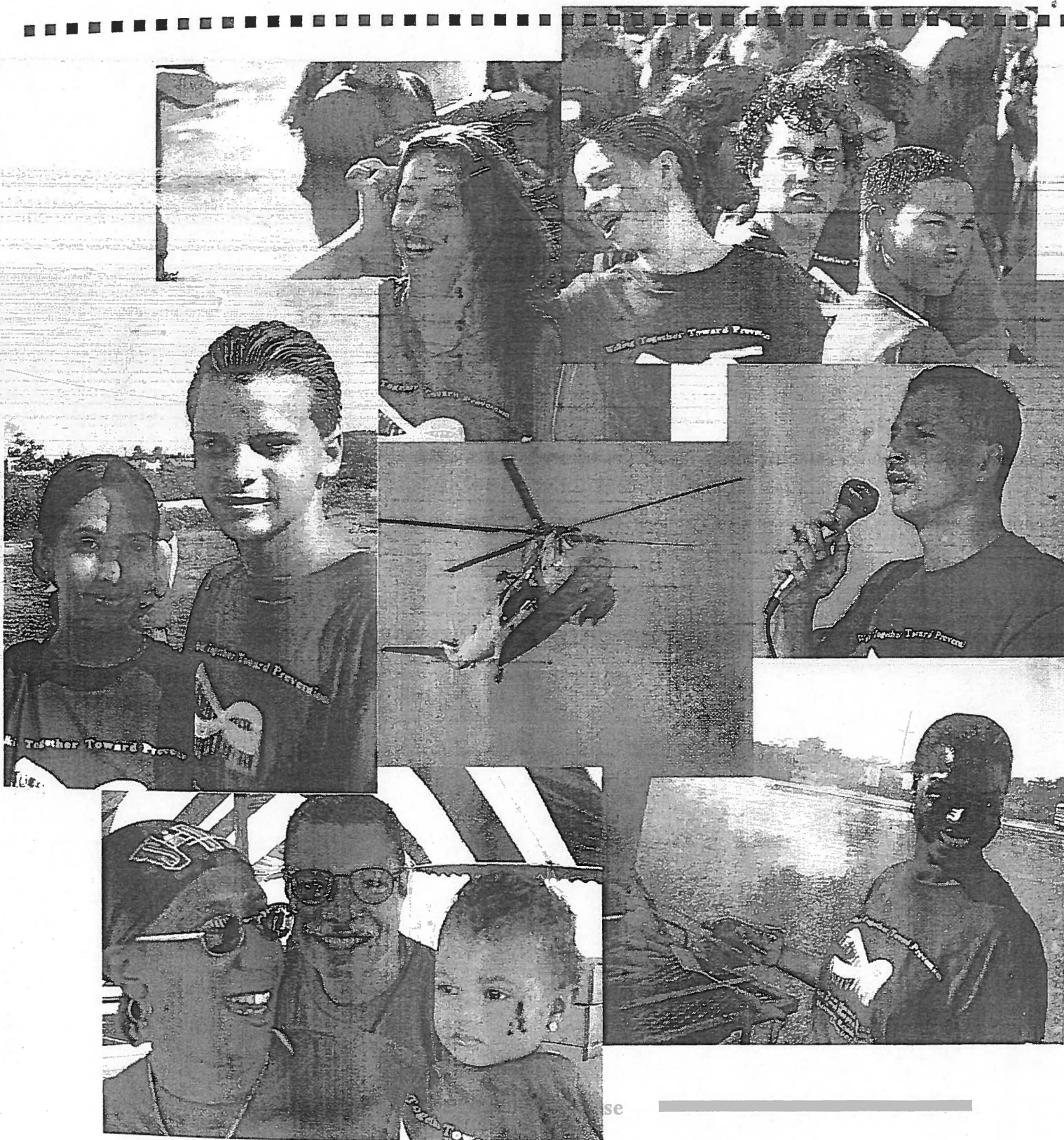
Red t-shirts commemorating the occasion were given to students, teachers, volunteers and anyone who attended the event. A banner with the naval hospital logo, school name, and city was given to each school. Upon arriving at the beach, the schools formed a human ribbon, while aerial shots were being taken by Fleet Imaging with the assistance of VC-8, the Naval Station Helicopter Squadron. After opening remarks by the Naval Hospital Commanding Officer, Capt. Brown, there was a benediction by Chaplain Buford, and a speech on AIDS Awareness by the guest speaker, Dr. Jose R. Carrasquillo, Director of Culebra Medical Center.

Naval Hospital volunteers helped serve hotdogs, hamburgers, and refreshments. It was truly impressive how over 80 volunteers from the naval hospital made this



happen. Volunteers from Security, VC-8, Fleet Imaging, and Dental Clinic also made this event a huge success.

This was a great step in the right direction. The 2nd AIDS Walk and Ribbon Formation should be an even greater success with the assistance of tenant commands. We hope to start a committee in spring. We must continue to raise awareness about AIDS/HIV and how it affects our children and communities here and abroad, and its effect in the military.



Adelaida Morales Retires After 37 Years Service to Naval Station Roosevelt Roads



ADELAIDA'S CAREER STARTED AT THE PUBLIC WORKS DEPARTMENT, TELEPHONE EXCHANGE ON OCTOBER 5, 1963. SHE WAS THE LONG DISTANCE OPERATOR AND CASH MAINTENANCE CLERK. AT THAT TIME, ALL CALLS HAD TO GO THROUGH THE BASE OPERATOR SINCE ALL THE PHONE NUMBERS ON BASE HAD ONLY FOUR DIGITS. WHEN THE SAILORS CAME TO THE EXCHANGE TO USE THE COIN BOOTHS TO MAKE CALLS TO THE STATES, ADELAIDA WAS ALSO THE CASH CLERK. SHE WORKED THERE FOR

TWENTY-NINE YEARS, ALWAYS WAITING FOR THE INFORMATION DESK CLERK POSITION TO OPEN UP AT THE NAVAL HOSPITAL. IT FINALLY DID, AND SHE CAME TO WORK FOR THE HOSPITAL ON OCTOBER 5, 1992. HERE HER WARM PERSONALITY AND AMAZING ABILITY TO REMEMBER EVERY NUMBER ON THE NAVAL BASE WITHOUT LOOKING AT A PHONE BOOK HAS SERVED HER WELL AND BRIGHTENED THE DAY OF STAFF PATIENTS AND VISITORS ALIKE. SHE WAS, IS, AND ALWAYS WILL BE, A WONDERFUL MEMBER OF THE NAVAL HOSPITAL FAMILY. SHE WILL BE TRULY MISSED!





PARTING SHOTS

"HAVE CAMERA... WILL
SHOOT," THAT'S MY
MOTTO!

HERE ARE A FEW
PHOTOS
OF SOME OF THE
GOINGS ON AT
ROOSEY ROADS.



A DAY IN THE LIFE OF AN ORTHO TECH

Or "Those Feet That Take My Breath Away"

HM3 Jendi Azcona, Special to the Caribbean Pulse

One would have paid money to get a glance at the tall, dark and handsome man that was standing in the Orthopedic Clinic that gloomy afternoon. His darkwavy black hair was neatly combed back. His smile could have brightened up your day [with his straight - ivory white teeth]. He was dressed smartly in his Armani suit, like a model that one would see on the cover of a magazine. Without hesitation I was the first to offer my assistance, before long I realized what a terrible mistake I had made as I put him in the first exam room.

Mr. Perfect's image was forever shattered as he doffed his suede "Valentino" shoes. I had tears running down my face as the fetid aroma polluted the air. If I had not known better, I would have thought that I was at the side of a road where a skunk lay dying. The atmosphere had changed drastically; ventilation was essential, but unfortunately for me, all the windows were closed (for safety reasons of course).

The sight of such obnoxious feet could have been documented in the Genus Book of World Records. They had to be the world's ugliest... smelliest feet. It felt like my soul had left my body as I looked down at the horrifying sight. It had to be a miracle that I could stand there and use the skills and technique that I had learned in school without the benefits of a mask. His toenails were long, sharp and pointy - like the head of an arrow. I had begun to shave off the corn on his little toe; it felt like cutting into an old chunk of cheese with a dull butter knife.

In between his long finger like toes grew a greenish-white fungus and, even though his feet were tremendously hairy, you could still see the three yellow layers of dead skin. It looked like cheap paint chipping off an old wall. It was my worst nightmare when the doctor told me I had to take off some of those layers! It sounded like dry... stale corn flakes falling in to a bowl when the yellow skin chips fell on the exam table.

After some time, this tedious procedure ended. That day I learned an important lesson - never judge a person on looks alone.... **YOU HAVE TO EXAMINE THEIR FEET!!!!!!!!!!**

Editor's Note: This Is Not A True Story! (Though this guy does sound like my RCPO from Boot Camp!)

Bravo! Zulu!

What Our Customers Are Saying.

Respiratory Therapy, the Labor Deck, and Pediatrics were both professional and caring. No words could ever express our gratitude and appreciation for the attention and care that we received during the delivery of our son and our stay at NHRR. Special thanks to LCDR Patricia McDonald, Dr. Catherine Allen, Dr. Michael Cardenas, LT Julie Nelson, Daisy Martinez, HM2 Leslie Brown, HM2 Jonathan Ballard, HN Theodore Dowie, HM3 Jessica Taliaferro, HM3 Traci Scott, HN Roberto Medero-Colon, HN Samuel Rodriguez, and Tonya Bridges. Please forgive us if we forgot to mention anyone who was involved in our care. May God bless you all. With thanks and love...

- a delighted Active Duty Family Member

Dr. Eugenio Concepcion is very caring and explains everything in detail, making one feel very confident in his observation and expertise. I arrived very stressed and am leaving very confident, more relaxed and relieved. Thank you.

- a grateful Retiree Family Member

The Physical Therapy Department staff was very alert and friendly. Sitting in the office was great; it was therapy in itself. Keep up the good work!

- a pleased Active Duty Service Member

The care and attention of the Inpatient Services Unit staff was excellent. They went out of their way to make sure of my comfort and well being and were very protective when transporting me for x-rays, etc. The courtesy and professionalism were outstanding, the likes of which I have never seen in any other medical facility. Thumbs up for everyone here!

- a thankful Retiree Family Member

I would like to recognize LT Carlson Moss and LT Scott Playford for getting Sabana Seca's Occupational Health Program back on the right track. Thanks for the dedicated push and follow-through of the Branch Medical Clinic, we're now moving forward and seeing positive results.

- an appreciative Commanding Officer

I would like to recognize LCDR Patricia McDonald for her attentiveness and Ms. Zaida Vega for being very pleasant and courteous.

- a pleased Active Duty Family Member

I would like to offer Dr. Bruce Bennett my deepest respect and most sincere gratitude for his unselfish devotion to his honored profession. His "can do" attitude and service has been most gratifying and reflects great credit upon himself, the staff, the Bureau of Medicine and Surgery, and the United States Navy. Doctors of his caliber are the Best of the Best.

- a delighted Retiree

I would like to recognize the OB/GYN Staff for being very understanding and sensitive to the needs and cares of patients.

- a pleased Active Duty Family Member

I liked everything about my stay in the hospital. The Inpatient Services Staff was great and most caring. My thanks to everybody who took care of me and I must say they were all excellent and very professional. Special thanks to my doctors, Dr. Michael Cardenas and Dr. Sue Mueller, and to all the RN's especially Ms. Elizabeth Mojica, who is a most caring person!! Thanks!!

- a thankful Retiree Family Member

I would like to recognize the Special Care Unit Staff and the Inpatient Services Staff. The personnel are extremely professional and hard working! Thanks!

- a satisfied Customer

I would like to recognize the Ortho/General Surgery clinic for keeping patients informed. When the doctor was going to be delayed for my appointment, LCDR Luz Crellin came in to let me know what was going on.

- a pleased Active Duty Service Member

Everyone involved in my care on the Inpatient Services Unit earns an Outstanding! Each one of them earns a star in my book!

- a delighted Navy Active Duty Member

HM1 Jerry Tate is excellent. He did a very good job and was very friendly; he is a credit to his profession.

- a pleased Active Duty Service Member

I would like to recognize LT James McGowan and the Nutrition Management Staff for the wonderful service they provide. Thank you.

- an appreciative Hospital Staff Member

I would like to praise HM1 Paula Miller for her outstanding support. She went beyond her scope of duty to assist a patient who left on a MEDEVAC. On behalf of the patient, yesterday's duty crew, and myself, we thank her for such a caring response.

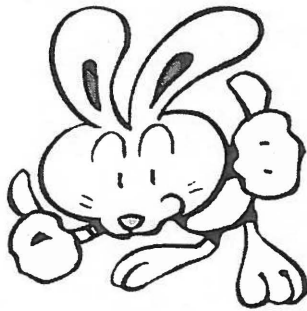
- a satisfied Hospital Administrator

I want to thank HM3 Ralph Sanchez of Family Medicine for the fine job in assisting me.

- a pleased Hospital Staff Member

I would like to recognize the Special Care Unit personnel. The treatment was super and the explanation of instructions was very professional.

- a pleased Army Retiree



We've had so many "Bee Zees" that we needed 2 pages!

What Our Customers Are Saying:

Dr. Eugenio Concepcion was concerned and talked with me about my problem at length.

- a delighted Active Duty Member

I would like to recognize the OB/GYN Clinic. Everyone was equally helpful and concerned. The waiting area is comfortable and cheerful.

- a satisfied Active Duty Family Member

The Ortho/General Surgery Clinic personnel are very friendly.

- a grateful Active Duty Member

During my entire treatment, I was overall pleased with the professional accessibility and care provided by HM1 Cheryl Murphy of Family Practice and all of the Physical Therapy team. HM1 Cheryl Murphy had a great professional demeanor, and HM1 James Miller in PT set me up with a series of appointments. They know their stuff!

- a pleased Active Duty Member

I would like to recognize the friendly staff of the Inpatient Services Unit. They respond promptly to the call bell and know what they are doing - Excellent!

- an appreciative Navy Retiree

I would like to recognize HM1 Jacob Brown for repairing a piece of vital equipment. His perseverance is greatly appreciated. Excellent!

- a thankful Hospital Surgeon

Thank you to the Pediatrics Clinic for being the friendliest TRICARE clinic. They always book appointments when needed.

- an appreciative Beneficiary

Thanks to all personnel of the Inpatient Services Unit. The caring attitude of everyone made me feel at home and not around a bunch of strangers.

- a pleased Coast Guard Active Duty Family Member

I would like to recognize the Special Care Unit personnel. They are very quick and courteous people. They treated me very well.

- a pleased Navy Active Duty Member

Dr. Michael Cardenas and the staff of the OB/GYN Clinic are very prompt and caring professionals. In every aspect they were helpful and caring. I am very pleased with everyone in this clinic. I am also very thankful for the excellent care I have received in the past for my surgery and after, during the recovery and follow-up. I thank Dr. Cardenas for the excellent and professional care he has provided me.

- a satisfied Retiree Family Member

I would like to recognize the OB/GYN Clinic. Dr. Susan Mueller is always so sweet and professional. The entire staff was exceptionally helpful during my nine month OB experience. Thank you.

- a pleased Active Duty Family Member

I would like to express my appreciation for the job that HM2 Sonya Rainbolt does as MEDEVAC Coordinator. She is very efficient and we feel that she takes a real personal interest and concern in the patients she has to deal with.

- an appreciative Retiree Family Member

I WOULD LIKE TO RECOGNIZE LCDR PATRICIA McDONALD AND THE STAFF OF THE OB/GYN CLINIC FOR THEIR EXCELLENT SERVICE. KEEP UP THE GOOD JOB!

- a thankful Retiree Family Member

I would recognize the Special Care Unit personnel and the particular attention given to me by LT DeeDee Mahone and HN Adelaida Bruer.

- a pleased Retiree Family Member

I would like to recognize Dr. Susan Mueller and HM3 Jessica Taliaferro who were both very professional and nice. They were both informative and made me feel as comfortable as possible.

- a pleased Active Duty Member

The Special Care Unit staff is great and Dr. Bruce Bennett is superb!

- an appreciative Active Duty Member

I would like to recognize HM2 Matthew Miller, Dr. Craig Self, and Dr. Karen Kato for the attention they gave me. They took care of me immediately, and I really do appreciate their kind work.

- a grateful Hospital Staff Member

Good Job!

Note to Departments: If you would like your customers' comments included in the next edition of the Caribbean Pulse, please ensure your surveys are turned in to the Customer Relations Department on the last business day of the month. Thank you.